FILM: FROST HEATS UP THE DANCE FLOOR

PAGE 13

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New blood. It's Philadelphia Jazz Appreciation Month, and local musicians are trying to get their music heard as it once was in the heyday of jazz. **A hard sell.** Local musician and Rowan University professor Denis DiBlasio says jazz artists nowadays have to market themselves, not just be part of a community. PAGE 02

Keith Urban: Is his advice just 'Idol' chatter?

PAGE 12

You actually can afford to go to Bar Volver

PAGE 15

Eat more bananas, eradicate your acne?

PAGE 17

Caregivers also need to care for themselves

PAGE 19

Cool cats

Bassist Nimrod Speaks and Gerald Chavis on trumpet perform at an event last week to kick off Philadelphia's Jazz Appreciation Month at City Hall. / CHARLES MOSTOLLER, METRO

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1 NEWS

Quoted

"This colt is truly a pioneer for New Bolton Center. And in the spirit of Daniel Boone, he personifies everything we're striving for at Penn Vet."

Dr. Rose Nolen-Walston, New Bolton Center assistant professor of medicine, on the naming of the foal born at the center. His name is New Bolton Pioneer — Boone for short.

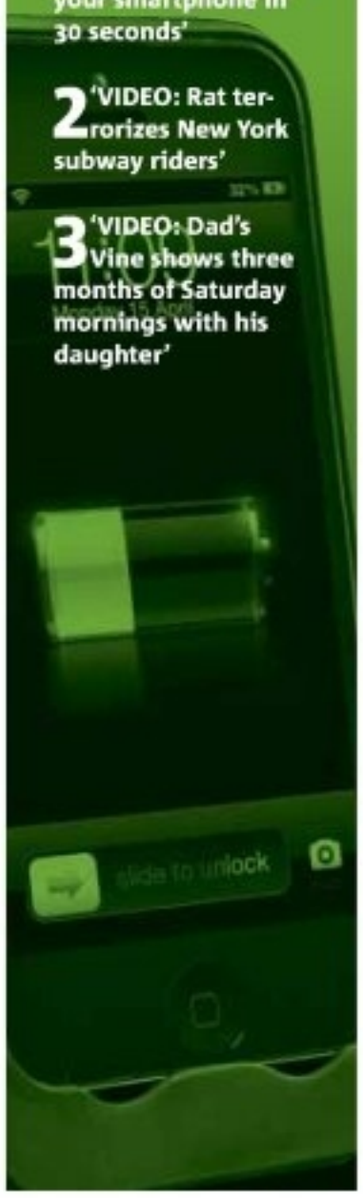
Top 3

What's trending online at Metro.us

1 'VIDEO: StoreDot battery can charge your smartphone in 30 seconds'

2 'VIDEO: Rat terrorizes New York subway riders'

3 'VIDEO: Dad's Vine shows three months of Saturday mornings with his daughter'



Philadelphia could be a great jazz city again

Break it down. April has been named Jazz Appreciation Month.

The days of a swinging jazz scene in Philadelphia, where greats like John Coltrane and Stan Getz made their roots, may be over, but a new scene is taking over. Mayor Michael Nutter last week declared April as Philadelphia Jazz Appreciation Month hoping the scene comes back to the forefront.

Mark DeNinno, owner of Chris' Jazz Café, the last vestige of the local community, said at least at his club, the scene is alive and well. The industry is changing but in a good way.

"It seems the younger kids that are doing jazz now are coming up with some really interesting music," he said. "There was a lull there for while from the older cats to the younger cats. Now, there is a return for the younger musicians."

The newbies coming up aren't just playing the standards, DeNinno said; most of it is original music. Chris' still features 500 shows a year, giving musicians an outlet that Rowan University jazz studies director and musician Denis DiBlasio says students — and even the older jazz folks — need.

Quoted

"There are people who are doing it. Like Esperanza Spaulding — she's rocking' and rollin.'"

DiBlasio

"Philadelphia was one of the great jazz towns," DiBlasio said. "We're all trying to do whatever we can do to get people to listen to this music because it's not in the mainstream. You're trying to find a hook like anything else."

Groups like the Philadelphia Jazz Project continue to support jazz in Philadelphia especially after Nutter's official announcement. They provide that outlet DiBlasio was talking about.

But there's no doubt Philadelphia is in a transitional period — one that could last decades, said DiBlasio, who does work with The Jazz Bridge Project, a nonprofit established a decade ago that assists jazz and blues musicians.

"I'm not even sure if it's a period that's going to change into something else," he said. "I don't think it's going to settle out. I think we settle into it. It's not a bad thing. It's what it is."

CHRISTINA PACIOLLA
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Phillies: The boys are back in town

The Phillie Phanatic, above, dances with the Fralinger String Band before the Phillies home opener on Tuesday against the Brewers. Fans broke out the Phillies gear, inset, during the party at Citizens Bank Way on Tuesday afternoon. / CHARLES MOSTOLLER, METRO

Stalemate. TWU 234 requests SEPTA data

As tensions continue over a possible SEPTA strike, TWU Local 234 union chief Willie Brown has said the union won't consider a deal until they get documents requested in February and March regarding SEPTA's financial state and health care expenses.

SEPTA spokeswoman Jerri Williams said pulling the requested data will take until the end of the week.

"We have had four comprehensive presentations with union leadership about SEPTA finances. We have also been in discussion and face-to-face meetings with them. At no time did they say they needed this information," Williams said.

SEPTA reportedly made its final offer on Sunday night: a 5 percent wage hike over two years with union workers paying 1 percent more for health care, bringing their total contribution to 2 percent.

The union wants a 6.25-percent pay hike and no increased contribution to health care. SAM NEWHOUSE

SEPTA ops

Some of the data TWU Local 234 requested:

- Full health insurance payments history dating back to August 2012.
- Total number of man-hours worked by all employees 2011-13.
- Employee earnings records.

Legacy

The Roots' MC helps announce mural project

The Roots' Tariq "Black Thought" Trotter, together with the Mural Arts Program and friends and family of Dr. Shawn White, on Wednesday will announce ASpire, a mural project celebrating White's life.

Tariq "Black Thought" Trotter
WIKI COMMONS

White was a community leader and educator who created educational health initiatives on HIV/AIDS aimed at African-American men in Philadelphia. He was also a hip-hop musician who worked with the Roots. He died suddenly in 2003.

The announcement will take place at 10 a.m. at Audenreid Charter High School at 3301 Tasker Ave. in Point Breeze. There, collaborators will announce the mural artist, location and project timeline. Audenreid students also will be in attendance.

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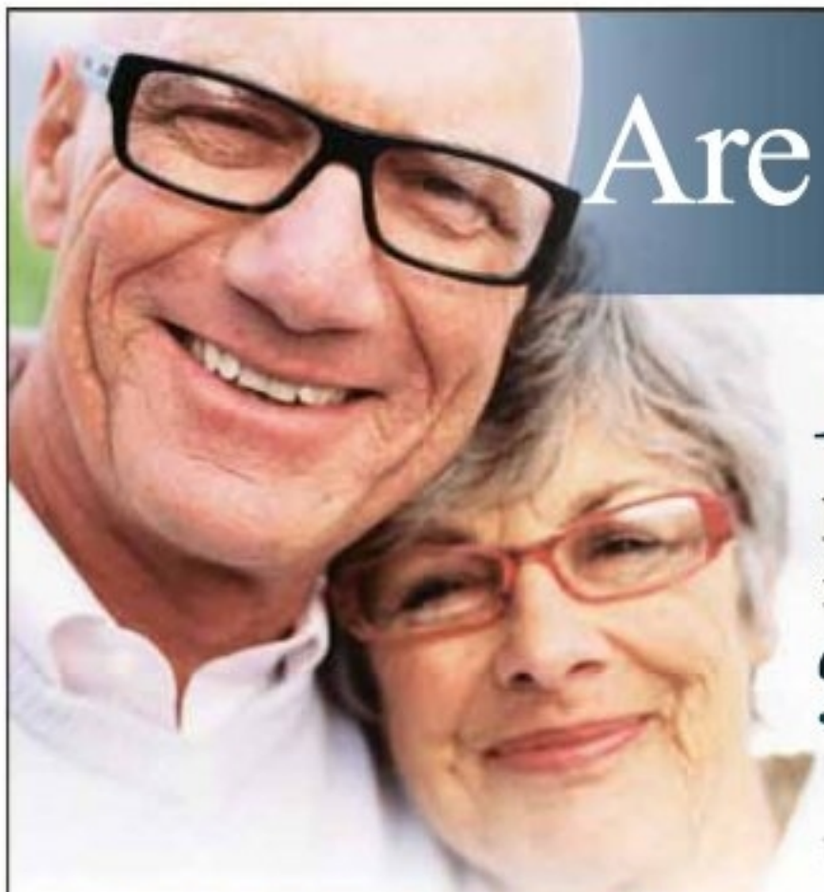

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Real estate 'KREW' leader pleads guilty to fraudulent loans

Plea. A general contractor used his skills to identify distressed West Philly properties for a profitable fraud.

Eric Sijohn Brown, 46, pleaded guilty Tuesday on charges of conspiracy, loan fraud and tax evasion related to his role in operating KREW Settlement Services, which allegedly obtained more than $20 million in proceeds from fraudulent real estate loans.

Codefendants Roderick L. Foxworth Sr., of Philadelphia, and Kevin Joseph Franklin, of Albany, Ga., have change of plea hearings scheduled today and are expected to plead guilty as well.

These defendants, along with Brown's sister, Cynthia Evette Brown, of Philadelphia, and Walter Alston Brown Jr., of Glen Allen, Va., were indicted in April 2013 for allegedly operating KREW, which is an acronym of the names of the individuals operating the company.

Cynthia Brown and Walter Brown are still headed for a jury trial scheduled in May.

Charges

From May 2004 to February 2009, KREW allegedly used inflated purchase prices on loan documents for more than 100 properties.

- Foxworth and Brown Jr. were mortgage brokers and allegedly filed falsified applications to lenders.
- Sijohn Brown could face 483 years.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Philadelphia falls to (chess) pieces

Philadelphia District Attorney Seth Williams on Tuesday plays chess against Balla Dembele, 12, a sixth-grader at Tilden Middle School. Williams and members of his staff faced off against area students as part of the After School Activities Partnerships Philadelphia Youth Chess Challenge.

CHARLES MOSTOLLER, METRO

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CHARLES MOSTOLLER, METRO

Be careful. 'Operation Lifesaver' launched after SEPTA rail death

"See tracks? Think train!"

That's the slogan of "Operation Lifesaver," a new public safety campaign that SEPTA launched Tuesday.

The campaign was started the day after the tragic death of Andre Washington, 20, an Abington High School senior who was killed by a West Trention regional rail line car while walking on the tracks and texting Monday evening.

However, there's no connection between the start date of the campaign and the incident on Monday.

"It's just a coincidence," SEPTA spokeswoman Heather Redfern said.

SEPTA System Safety officers will feature information from the program in the many Operation Lifesaver rail safety presentations they make across the Authority's service area, SEPTA said.

"No one can outrun or outdrive a train," said Scott Sauer, SEPTA's director of system safety, in a statement.

"And no one should ever assume that there is a time when tracks are completely clear of train traffic. A train can come on any track at any time."

More than 95 percent of rail-related deaths nationwide involve a driver trying to beat a train or someone trespassing on a railroad. SAM NEWHOUSE

Train your mind

According to Operation Lifesaver, a person or vehicle is hit by a train every three hours.

- In the U.S., more than 908 pedestrians were injured or killed while walking on or near railroad tracks in 2013 — an 8 percent increase from 2012.

Do you agree?

Poll: Comcast named 'worst company'

As Comcast filed the regulatory paperwork for its acquisition of Time Warner Cable on Tuesday, the telecommunications giant headquartered in Philadelphia also got named the winner of an unflattering award: Consumerist's "Golden Poo" award for the "Worst Company in America."

Comcast beat out agriculture company Monsanto, earning 51.5 percent of the vote from Consumerist readers. Comcast provides much of the Philadelphia area with Internet and cable television service. METRO

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Hagel. Defense chief gets earful as China visit exposes tensions

Tensions between China and the United States were on full display on Tuesday as Defense Secretary Chuck Hagel faced questions in Beijing about America's position in bitter territorial disputes with regional U.S. allies.

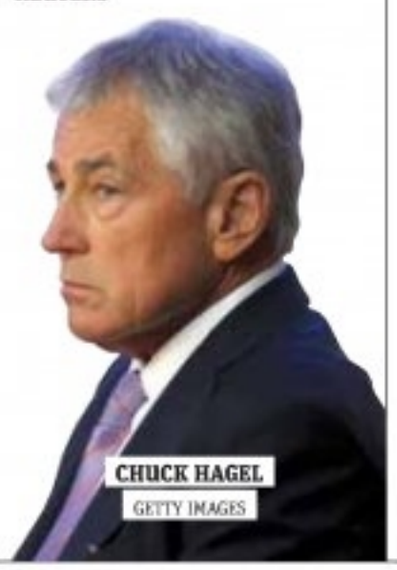
Chinese Defense Minister Chang Wanquan, standing side-by-side with Hagel, called on the United States to restrain ally Japan and chided another U.S. ally, the Philippines.

Then, Hagel was sharply questioned by Chinese officers at the National Defense University. One of them told Hagel he was concerned that the United States was stirring up trouble in the East and South China Sea because it feared someday "China will be too big a challenge for the United States to cope with."

"Therefore you are using such issues ... to make trouble to hamper (China's) development," the officer said.

Hagel assured the audience that America had no interest in trying to "contain China" and that it took no position in such disputes. But he also cautioned repeatedly during the day that the United States would stand by its allies.

REUTERS


CHUCK HAGEL
GETTY IMAGES

US accuses Russian agents of stirring Ukraine unrest

Finances. The Kremlin's standoff with the West has knocked investors' confidence in the Russian economy.

Pro-Russian activists hold red flags with the communist hammer and sickle and the Soviet "USSR" initials during a rally at the regional administration building in Kharkiv. /GETTY IMAGES

U.S. Secretary of State John Kerry accused Russian agents and special forces on Tuesday of stirring separatist unrest in eastern Ukraine, saying Moscow could be trying to prepare for military action as it had in Crimea.

Armed pro-Moscow protesters were still occupying Ukrainian government buildings in two cities in the largely Russian-speaking east on Tuesday, although police ended a third occupation in a lightning nighttime operation.

Ukraine's security service said separatists occupying the security headquarters in Luhansk had planted bombs in the building and were holding as many as 60 hostages. Activists in the building denied they had explosives or hostages, but said they had seized an armory full of automatic rifles.

The Ukraine government says the occupations that began on Sunday are part of a Russian-led plan to dismember the country. Kerry said he feared Moscow might repeat its Crimean operation.

"It is clear that Russian special forces and agents have been the catalyst behind the chaos of the last 24 hours," he said in Washington, and this "could potentially be a contrived pretext for military intervention just as we saw in Crimea."

REUTERS

Detained

70

Shots were fired, a grenade thrown and 70 people detained as Ukrainian officers ended the occupation in the city of Kharkiv during an "anti-terrorism" action, the interior ministry said.

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Protest

US contractor jailed in Cuba goes on hunger strike

The U.S. contractor sentenced to a 15-year prison term in Cuba for attempting to establish an illegal Internet service has gone on a hunger strike to protest his treatment by the Cuban and U.S. governments, his lawyer said on Tuesday.

The lawyer also criticized the United States for putting Alan Gross' life in further jeopardy by launching a secretive "Cuban Twitter" after his arrest in 2009.

Gross, 64, was a subcontractor for the U.S. Agency for International Development when he was arrested on his fifth trip to Cuba in an attempt to establish an online network for Jews in Havana.

REUTERS

Ships still can't find signal from missing MH370

Flight MH370. No new signals have been detected since two locator beacons were heard over the weekend.

An Australian ship that picked up possible "pings" from the black box recorders of a missing Malaysia Airlines jetliner has been unable to detect any further signals, and time is running out to narrow the massive search, officials said on Tuesday.

Angus Houston, head of the Australian agency coordinating the search for Malaysia Airlines Flight MH370, said the month-long hunt in the Indian Ocean was at a critical stage given the batteries in the black box beacons had already reached the end of their 30-day expected life.

A U.S. Navy "towed pinger locator" onboard Australia's Ocean Shield picked up two signals consistent with black box locator beacons over the weekend — the first for over two hours and the second for about 13 minutes.

Houston said the signals represented the best lead in the search yet, but efforts to pick up the pings again had so far been unsuccessful.

The black boxes record cockpit data and may provide answers about what happened to the plane when it vanished.

REUTERS

Quoted

"If we don't get any further transmissions, we have a reasonably large search area of the bottom of the ocean to prosecute, and that will take a long, long time. It's very slow, painstaking work." Houston

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Cable competition

Comcast defends merger as US review kicks off

Comcast Corp. sought to rebut critics of its planned $45.2 billion takeover of Time Warner Cable Inc., arguing that newcomers like Google and Apple would ensure competition in Internet and video markets.

In a 175-page filing with the Federal Communications Commission that coincides with the formal launch of the controversial deal, Comcast argued that either all or key areas of its and Time Warner Cable's businesses compete with an "array of sophisticated companies with national or even global footprints."

The U.S. Department of Justice will conduct the antitrust review and the FCC will examine whether the deal is in the public interest. REUTERS

Redesign

Twitter freshens up its user profile pages

Twitter Inc. unveiled a redesign of its user profile pages on Tuesday, the latest in a series of steps promised by the company to bring new users to the 7-year-old service.

In response to an all-time low in user growth figures during the recent quarter, Twitter Chief Executive Dick Costolo told worried Wall Street analysts that the company would make a number of changes to freshen up the service. REUTERS

Users

241M

The new layout, which will be available to a small group of users initially, will be widely deployed to Twitter's 241 million users in the coming weeks, the company said.

Holder: Justice Department wary of virtual currencies

Virtual money.
Regulators are not sure how to react to growing use.

The Justice Department will have to be creative in order to make sure criminals do not use virtual currencies such as Bitcoin to secretly move funds, Attorney General Eric Holder said on Tuesday.

The scrutiny at the highest levels of the Justice Department comes at a time when investors have flocked to the currencies but recent incidents have called into question their long-term viability.

Enthusiasts point to the ability to move funds cheaply, but the recent failure of Mt. Gox, a Tokyo-based exchange that filed for bankruptcy after losing an estimated $650 million worth of customer Bitcoins, has raised doubts about their use.

"The department is committed to innovating alongside this new technology in order to ensure our investigations are not impeded by any improvement in criminals' ability to move funds anonymously," Holder told the House Judiciary Committee.

Federal prosecutors have warned that the currencies are vulnerable to use for money laundering, and have charged the operators of several Bitcoin exchanges over their alleged roles in helping criminals move funds.

Agencies ranging from the New York bank regulator to the Commodity Futures Trading Commission have been studying electronic currencies to determine whether and how they should be regulated. REUTERS

People attend a Bitcoin conference at the Javits Center on April 7 in New York City. / GETTY IMAGES

Quoted

"Virtual currencies can pose challenges for law enforcement given the appeal they have among those seeking to conceal illegal activity. ... This potential must be closely considered." Holder told the House panel.

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The study shows women's share of the workforce on the decline. / COLOURBOX

More moms are staying at home with kids: Study

Unemployed. Six percent said they were home with kids in 2012 because they could not find a job.

More American mothers are staying at home with their children, a shift that reflects rising immigration and the fact many women are unable to find jobs after a sluggish period for the U.S. economy, a Pew analysis released on Tuesday showed.

Twenty-nine percent of U.S. mothers, or about 10.4 million women, stayed at home in 2012. That is up from a low of 23 percent in 1999, and marks a turnaround from three decades of decline.

The category of stay-at-home mothers with children under 18 includes women who are at home to care for their families and mothers who cannot find work, are disabled or in school, the Pew Research Center analysis of Census Bureau data said.

The U.S. economy's slow recovery from the recession of 2007-2009 led many Americans to give up looking for work, a trend that has changed over the past six months as people regain confidence in the job market. REUTERS

Workforce

57.2

The Pew analysis underscores women's declining share of the U.S. workforce. Labor Department numbers show that 57.2 percent of women have a job or are looking for one, down just over 2 percentage points in a decade.

Informant. Sharpton blasts media portrayal as FBI 'mob snitch'

Civil rights activist Reverend Al Sharpton said on Tuesday that he had cooperated with a 1980s federal probe into New York organized crime but lashed out at media reports labeling him a mob turncoat, saying he had never been a criminal.

Sharpton told reporters that the New York City's main tabloids, the Daily News and New York Post, were mistaken when they published cover stories that labeled him a "mob snitch" and "Rev Rat."

"I was not and am not a rat, because I wasn't with the rats," Sharpton told reporters outside the Harlem headquarters of his group, the National Action Network. "I am a cat. I chase rats."

On Monday, The Smoking Gun website published documents that appeared to contain intelligence gathered by informants in an FBI sting into New York's Genovese crime family. REUTERS

Natural disaster

Obama to visit mudslide site on April 22

President Barack Obama will visit the Washington state town struck by a deadly mudslide to meet families affected by the disaster and view the devastation, the White House said on Tuesday.

He will stop in Oso, Wash., on April 22, before starting out on a weeklong trip to Asia.

Obama will view the devastation from the recent mudslide and meet with the families affected by this disaster. REUTERS

Malavika Sarukkai
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Electric results

Paralyzed patients regain movement after implant

Four men who had each been paralyzed from the chest down for more than two years and been told their situation was hopeless regained the ability to voluntarily move their legs and feet — though not to walk — after an electrical device was implanted in their spines, researchers reported on Tuesday.

The success, albeit in a small number of patients, offers hope that a fundamentally new treatment can help many of the 6 million paralyzed Americans, including the 1.3 million with spinal cord injuries. Even those whose cases are deemed so hopeless they are not offered further rehabilitation might benefit, scientists say.

The results also cast doubt on a key assumption about spinal cord injury: that treatment requires damaged neurons to regrow or be replaced with, for instance, stem cells. Both approaches have proved fiendishly difficult and, in the case of stem cells, controversial.

"The big message here is that people with spinal cord injury of the type these men had no longer need to think they have a lifelong sentence of paralysis," Dr. Roderic Pettigrew, director of the National Institute of Biomedical Imaging and Bioengineering, part of the National Institutes of Health, said in an interview.

Study participant Kent Stephenson does voluntary training while undergoing treatment. / COURTESY OF THE UNIVERSITY OF LOUISVILLE

Quoted

"The big message here is that people with spinal cord injury of the type these men had no longer need to think they have a lifelong sentence of paralysis." Pettigrew

The partial recovery achieved by "hopeless" patients suggests that physicians and rehabilitation therapists may be giving up on millions of paralyzed people. That's because physical therapy can mimic some aspects of the electrical stimulation that the device provided, said Susan Harkema, a specialist in neurological rehab at the University of Louisville's Kentucky Spinal Cord Injury Research Center, who led the new study. REUTERS

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The bum with the tan lines belongs to Miranda Kerr. / MARIO TESTINO, GQ

Miranda Kerr vs. hairy white man

Who is sexier: Dom Nader or Miranda Kerr?

Before you answer that, read what Dom Nader — who parodied Kerr's nude shoot for the May issue of British GQ — has to say about how men and women are portrayed in glossy magazines.

"Why aren't men sexualized in the same way as women?" argues the Sydney-based artist to Metro World News. He adds: "Men try to sexualize everything, whether it be girls in men's glossies or men in gay mags; women don't do this in the same way."

Eh. We still give Kerr the "sexier" label. Sorry, Nader.

Next up for Nader — who has gone viral with the stunt — is taking on what is probably the worst trend in celebrity photography: the pregnant nude shot.

"Nude pregnancy shoots seem to be a big deal at the moment," he notes. "That seems to be selling magazines so we might see if a big 'food baby' on a big nude man has a similar effect."

The bum with the tattoos belongs to Dom Nader. / PAT STEVENSON – BONDI

GETTY IMAGES; @KATYPERRY/INSTAGRAM

Celebrities get colorful

So, slow gossip days mean round-ups of new celebrity hair styles! I know: My job IS exciting!

First up is Maggie Gyllenhaal, who channeled Michelle Williams at the Cannes Film Festival on Monday night. The choice was a bit more conventional than Katy Perry's, who showed off her new 'do on Instagram on Tuesday with the tag line "Slime green for spring, duh."

Speaking of green, Lady Gaga had a bit of the hue in her wild hair while closing down the Roseland Ballroom on Monday night.

2 CULTURE

Mystery

Peaches Geldof: What happened?

When a celebrity dies, everyone turns into Sherlock Holmes. We all assume we know exactly what happened, and there's talk of drugs and overdoses long before autopsy results are public. However, in the case of British socialite Peaches Geldof, who died on Monday, conventional wisdom may be off the mark.

Police found "no evidence of hard drugs, no visible signs of injury and no suicide note" at the scene of Peaches' death at her home in Kent, according to Hello. Police are treating it as a "non-suspicious, but unexplained, sudden death."

Considering the tabloid press is swarming all over this story, we're sure we'll have answers (or at least super vague rumors and hearsay) sometime soon. MELINDA TAUB

THE WORD

Dorothy Robinson takes on the world of gossip.

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Talking point

Lohan back on sobriety train

Lindsay Lohan insists she's back on the straight-and-narrow with her sobriety, despite slipping and having "one glass of wine" shortly after her last stint in rehab. But folks in her inner circle think her plans to attend the rowdy Coachella music festival in the California desert — especially with party-happy mom Dina along for the ride — is a terrible idea, according to Radar Online. "Lindsay should not be going to Coachella. And having Dina with her isn't really making anyone feel comfortable that she will be a good chaperone. It's a big alcohol and drug festival, and it is the last place that Lindsay should be," a source says. "Lindsay swears that she'll stay sober, but ... there are going to be so many temptations for her."

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TV watch list

Drama

'Chicago PD'

NBC now has a cop version of its firefighter show, "Chicago Fire." We're looking forward to "Chicago Alderman," "Chicago Public Works" and "Chicago Librarians." **NBC, 10 P.M.**

Reality

'Restaurant: Impossible'

Reportedly, the staff of this restaurant is suffering from being "lackadaisical" (cue the dramatic music). Also, the owner needs to reignite his passion for cooking. Maybe these people should consider new careers? **FOOD, 10 P.M.**

Comedy

'The Soup'

Wednesday night, a tribute to the WWE. The ep is charmingly called "Piledriving more clips in your face." **E!, 10 P.M.**

LISA WEIDENFELD

Drama

'The 100'

The CW does dystopia, with hints of "Battlestar Galactica," and of course, very good-looking young people. **CW, 9 P.M.**

Don't worry. Your hair will always look great after the apocalypse. / CATE CAMERON, THE CW

Keith Urban on what it takes to win 'Idol'

KEITH URBAN WILL WATCH THE TOP EIGHT FINALISTS PERFORM SONGS FROM THE 1980S TONIGHT AT 8 ON FOX. FILMMAGIC

Talent. The singer and "American Idol" judge talks giving advice — and why it doesn't work for everyone.

As a musician, Keith Urban has had plenty of experience in the spotlight. Now, as a judge on "American Idol," he's able to share some of the wisdom he picked up along the way.

"The most important thing I wanted to be able to do was help them, because a lot of the times I see artists struggling with something that is very simple to fix," Urban says. "In my case, it's things that I've had to figure out how to do — how to perform properly, how to choose songs properly — and I think a lot of that can be taught."

But, now in his second season on the show, the Australian has also learned that his advice doesn't always apply: As artists, the contestants must be able to figure out what works for them.

"We can be offering all this advice," Urban explains, "but they also have individualism and originality about them, which can defy every single thing we are saying. They could go against every single thing and create something extraordinary."

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Song choice

What a feeling

Country music has had a strong presence on "American Idol" this season. As a country singer himself, Urban is most familiar with this type of music — but he doesn't let that affect his judgment.

"I just respond to a feeling. It's not even about genre. It's got everything to do with the sense of believability and authenticity and feeling," he says.

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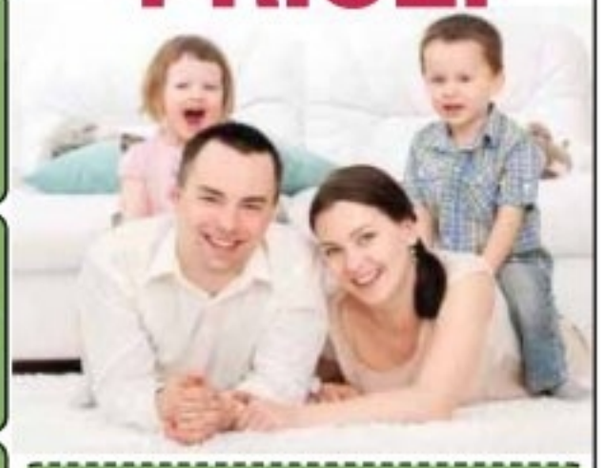

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NICK FROST

The "Cuban Fury" star says he doesn't like to boogie unless it's his idea.

DANCING MACHINE

Nick Frost is often seen joined at the hip with his two best friends, Simon Pegg and Edgar Wright. But all three regularly go off on their own. Frost's latest solo work is "Cuban Fury," a "Marty"-like underdog rom-com in which he plays a sad sack who decides to reignite his youthful love for salsa dancing in order to win over his dream girl (Rashida Jones). Though he's credited with the story, it definitely isn't autobiographical.

Are you a dancer in real life?
I've always liked dancing. All my mates, all my male mates — we've all danced. We're not that type of people where, because of our heterosexual ego, we're afraid to dance. But I have a complex relationship with dance, which comes from the fact that I rarely want to do it if it's expected of me. If someone badgers me, "Do you wanna dance?" I would rather lose a foot than dance with that person. I didn't want to dance at the wedding with my wife. I like dancing and my wife likes dancing, and we have danced a lot. But that's when you're out and about and you're having a disco or you're having a party.

You do dance well, though.
Being a big man who can dance well, there's a weird look that thinner people who can dance give you, which is the look you give a 13-year-old boy who's overcome a terrible disease and gone on to complete a half-marathon. "Go for it, big guy!" F— that, f— you.

Why salsa? Had you done salsa a lot before?
No, not at all. And I had to get over how, in my culture, you don't dance with a girl. You're near someone. You don't hold them. There was a lot that was hard about the training, but the first two weeks of trying to avoid touching the top of someone's bum a little bit was hard. You have to get over that complete Hugh Grant-ness of being a gentleman.

How bad was the training?
It was seven hours a day, six days a week for seven months. It was amazing and terrifying in equal measure. That first hour of day one, I just thought, "F— this, I'm never going to be able to do this," because I'd never done anything like it before. You're essentially in a box of mirrors. Mirrors are everywhere. You can't even avoid looking at yourself murdering the thing your trainers love.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

By the books

The story hews pretty close to a certain formula.

There's been criticism about the story being kind of done before. And it has. [Chuckles] That's how the underdog story works. There has to be a montage of the training process and he either gets the girl or doesn't get the girl, he scores the touchdown, he does a scorpion kick, like at the end of "The Karate Kid." It works as a formula. The comedy and the character, that's what puts us apart.

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GETTY IMAGES

Quoted

"Being a big man who can dance well, there's a weird look that thinner people who can dance give you, which is the look you give a 13-year-old boy who's overcome a terrible disease and gone on to complete a half-marathon."
Frost

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Capturing 'Sacred Spaces'

Art. Martha Stewart inspired the 5-foot photos of Turkey — the country — in Penn Museum's next exhibit.

If you go

'Sacred Spaces: The Photography of Ahmet Ertug'

Opening April 12
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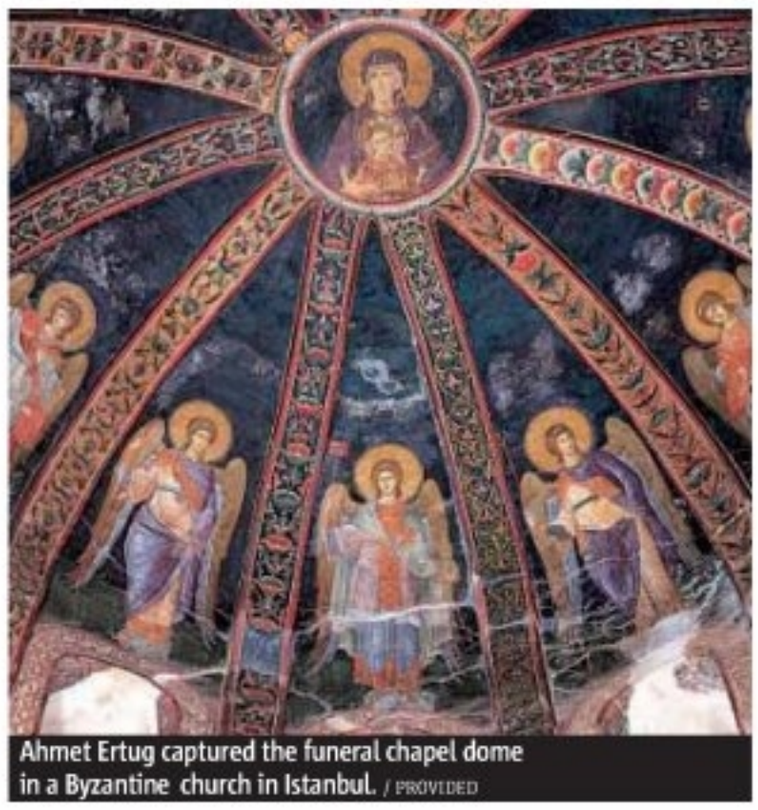
A mosaic image of Christ was added to Istanbul's famed Hagia Sophia, built in the sixth century, around 700 years later. / PROVIDED

Martha Stewart has inspired countless home-cooked meals and craft projects, but it's surprising to hear the doyenne of domesticity was the inspiration behind the Penn Museum's new exhibit, "Sacred Spaces: The Photography of Ahmet Ertug."

As curator Robert Ousterhout, professor of the history of art at Penn explains, "I appeared on 'The Martha Stewart Show' three years ago and took her on a tour of Cappadocia, which is a volcanic region in central Turkey. When I asked her how she'd gotten interested in Cappadocia, she said that she'd seen the spectacular photographs of Ahmet Ertug and decided that she just had to come."



Ahmet Ertug captured the funeral chapel dome in a Byzantine church in Istanbul. / PROVIDED

Quoted

"One can approach it as simply elegant works of art. One can look at it from a religious perspective and see that these are churches that tell stories from the Bible. Or one can look at it as documenting a vanishing landscape." Ousterhout, on the exhibit

Ertug, a Turkish photographer trained as an architect, captures large-scale images of wall and ceiling paintings in Byzantine churches from Istanbul and Cappadocia, ranging from the sixth through the 14th centuries. The images, many as large as 5 feet tall, capture the rich artwork in vivid detail. "In spite of their size," Ousterhout says, "his photographs are absolutely crystal clear. Having worked on my own research in [those regions], I can say that I see more detail in his photographs than I'm able to see in many of the buildings themselves."

The 24 photographs are accompanied by a digital slideshow of the churches' exteriors as well as an interactive kiosk to explain the iconography on display in the churches.

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Chef Garces. The new Bar Volver is not as expensive as you think

Much of the buzz around Volver has been focused on the price. Jose Garces' ticketed restaurant — opening April 16 — will offer prix fixe seatings currently priced from $75-$175 a head (future menus may go up to $250). But it is possible to dip into the space's elegance and sample the "carefully crafted" food and drink without breaking the bank, promises Gordana Kostovski.

Kostovski is the sommelier at Bar Volver, a 60-seat lounge designed to complement Volver's adjacent dining room. It's a more approachable, more accessible take on the decadent dinner guests digging into eight or 12 courses will experience, she says.

Bar Volver opens Wednesday night. It's "first come, first served," with no tickets or reservations required. "The lounge is meant to be relaxed, not formal dining," says Kostovski, a Penn grad most recently at Azure in the Revel in Atlantic City.

Bar Volver is located in the Kimmel Center, at Broad and Spruce streets. / STEVE LEGATO

At Bar Volver, the emphasis is on wine, especially sparkling; a wine wall has Champagnes in the center case, with temperature-controlled units for reds and whites flanking it. Patrons can order off a small plates menu that includes caviar, oysters, tartars and brochettes.

And yes, you can drop $2,000 on a rare bottle. But most of the glasses are in the $10-$16 range — comparable to other Center City spots. The nine signature cocktails on the menu (including a truffle lavender honey bourbon concoction) are each $12.

"We didn't want the price point to deter guests," Kostovski says. "You can choose the extravagant [dinner] or you can still be in the space and not break the bank. You chose whatever ride you want to ride while you're here." **RACHEL VIGODA**

Quoted

"I like tradition. But I'm also totally fine with a screw cap enclosure."

Kostovski, on wine

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1. Viagra Prescribing Information, Revised January 2010 2. Cialis Prescribing Information, Revised October 2011 3. Levitra Prescribing Information, Revised November 2011 4. European Society for Sexual Medicine (ESSM) Website, downloaded 11/14/12. 5. AMS 700® with MS Pump® Inflatable Penile Prosthesis Instructions for Use (IFU)

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Eastern influence

2 The BoConcept Fusion collection by Nendo

Danish furniture brand BoConcept and Japanese design house Nendo, led by designer Oki Sato, united for a new collaboration, which just hit stores. The collection, which focuses on functionality and simplicity, includes a sofa, chair, rug, table, shelving and accessories and is, according to Sato, inspired by origami.

BOCONCEPT.COM

Greenery

3 Ferm Living plant stand

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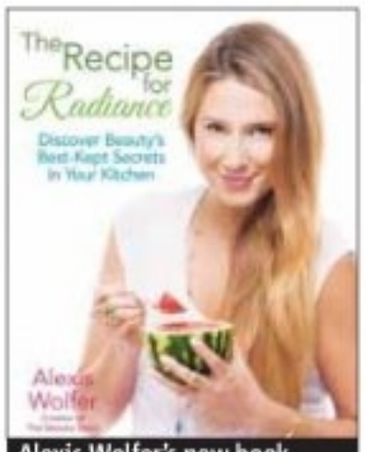
Beauty from the inside out. How what you eat affects your skin

Alexis Wolfer, founder and editor-in-chief of TheBeautyBean.com, shares with us her best tips for keeping your skin healthy and gives us the deets on her new book, "The Recipe for Radiance."



Alexis Wolfer's new book, "The Recipe for Radiance," has home recipes for various skin problems. / PROVIDED

You are what you eat

"One of the ways your body gets rid of things it can't process is through your skin," Wolfer says. "So if you're not eating a healthy diet, what's coming out of your pores isn't going to be clean and healthy either."

DIY masks

While eating too much dairy can cause pimples, Wolfer loves using Greek yogurt as a moisturizer, since it's hydrating for all skin types. If winter has left your skin extra dry, she suggests adding a little honey to the yogurt before applying it to your skin. "If you have acne, mix in some mashed banana or mashed sweet potato. ... What I love about DIY masks is that you don't need to worry about the proportions. Just whip it up, mix it together and leave it on for 15-20 minutes. Remove, and you're good to go. You'll notice a huge difference in your skin immediately," Wolfer says. LASSE EMIL KRISTIANSEN

Her best skin tips

Solve any crisis

Big pores: Apply apple cider vinegar topically on your skin with a cotton swab. Even if your skin is oily, don't be afraid of using products with oil in them. The more oil you remove from your skin, the more your body will produce.

Acne: Eat foods with vitamin A to help your skin heal faster.

Redness: Be careful not to overtreat your skin in the cold weather, especially if it is irritated. Keep your skin care routine really simple.

Aging: Omega-3 fatty acids will help keep your circulation working at an optimal level, keeping your skin healthy and reducing inflammation.

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Gizmos

Order food with Amazon's latest gadget, Dash

Amazon, the leading purveyor of just about everything, will not rest until we are living in some sort of bedridden (yet awesome) dystopia. We can already buy anything from its website. Next up? Futuristic gadgets to food shop, obviously.

The company just unveiled Dash, which makes food shopping easier than ever. All you do is scan the barcode of the item you want, and it'll get shipped to your door the same day. If you don't have the barcodes, you can use your voice to make the order. Even cooler? Dash is free (since you'll be using it to spend heaps of money).

Dash and the affiliated AmazonFresh grocery ordering service is available only in California and Washington state, but rumors persist that New York is next.

LAWRENCE BONK

ORDER FOOD WITH A SIMPLE SWIPE.
AMAZON

LEARN HOW TO RELAX — OR JUST PLAY 'DRAGON'S LAIR'

App Appeal

MATT PRIGGE
MATT.PRIGGE@METRO.US

'Dragon's Lair': 30th Anniversary

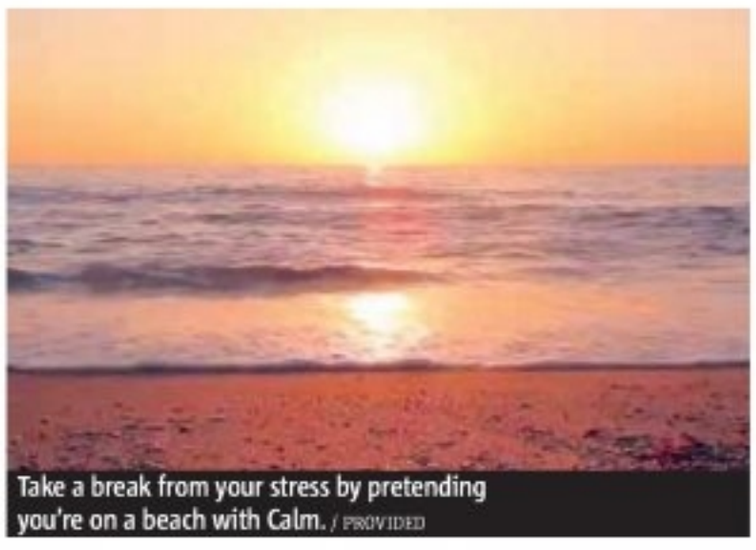
Price: $4.99
Platforms: iOS and Android

Long ago, arcade addicts used to pop quarter after quarter into "Dragon's Lair," the video game in which you essentially played a cartoon. Now you can have it all for five bucks. The app version has long been available, but now has a souped-up anniversary edition.

In a way, it's the ideal format for the game. Designed by animator Don Bluth, it raked in $32 million in its first year. That's because the game was mostly about quick reflexes and memorization. You wiggled the joystick in one of four directions to move your intrepid yet bumbling hero, Dirk the Daring. Even if you failed, you were rewarded; his deaths were more amusing than his wins.

The technology was ahead of its time, with crisp graphics, because it was all held on laserdiscs — which did cause some jumps. The app fixes that. It plays smoothly, and with a never-ending stream of quarters. But therein lies the problem: You can beat it in 10 minutes. The appeal of the game came not just in its gorgeous imagery, but in its mystery too. Whoever beat it, after untold amounts of money, must have been a genius. Now anyone can do it without massive strain or lots of time. In other words, you're all special.

Here is one of many enjoyable ways to die in "Dragon's Lair." / PROVIDED



Take a break from your stress by pretending you're on a beach with Calm. / PROVIDED

Calm

Price: Free
Platform: iOS

If you're a workaholic, you're probably always making comments about how stressed out you are, how you need to pencil in downtime, how you're wasting your life with your career. You might even find relaxation weirdly stressful.

But you don't want to embrace laziness, either — maybe you really just need a few short windows of scheduled aimless relaxation. Here's where your smartphone comes in. An app like Calm allows for snippets of downtime.

Calm wants you to cut yourself off. It directs you to plug your headphones in and listen to ambient sounds while staring at three (with the free version) sights: a lovely mountain, a lovely beach or a lovely tree being pelted with rain. You can drift — or you can have a soothing-voiced woman talk about how to relax, which might make things worse. Plug in and tune out for a while, and then you'll be ready to destroy your mind and body all over again.

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Coping with caregiving

Family. Looking after aging parents can get overwhelming. Learn how to manage it all.

Blip this photo to get our picks for books that offer caregiving advice. / STOCKBYTE

For adults with jobs, kids and other responsibilities, the challenges of caring for elderly parents should not be underestimated. Studies show caregivers often put their own health to the side: The National Alliance for Caregiving found that 72 percent of family caregivers report not going to the doctor as often as they should, 63 percent of caregivers say their eating habits have gotten worse, and 58 percent cop to exercising less. The National Alliance for Caregiving also says that as many as 70 percent of caregivers have symptoms of clinical depression.

In spite of these scary stats, "caregiving can be rewarding despite the challenges," says Care.com's vice president of senior care services, Jody Gastfriend. "But the caregiver must avoid burnout and subsequent health problems. While 80 percent of long-term care is provided by unpaid family members, the majority don't identify themselves as caregivers and don't seek support."

Advice and support can be found at local hospitals, senior centers, health clinics and online. Good primary care, for both the caregiver and parent, is essential. It starts with acquiring knowledge, Gastfriend says: "Adult children can educate themselves about the type of chronic illness their parent is suffering from and what type of care [that person] may need down the road. Sometimes changes in behavior and cognition are reversible, either related to an illness, medications or depression."

Conditions such as dementia and Alzheimer's disease can make staying at home an even greater challenge, as caregivers are often thinking for two.

"Keep options open and make decisions based on what is best for the care recipient as well as for the caregiver," Gastfriend advises. Sometimes, that means looking into outside help. "My father, who had dementia for over 10 years, spent half that time in a nursing home. It was the best and safest place for him and for my mother, who eventually could not manage my dad's care."

Gastfriend, who cared for her mother, recommends being prepared for unexpected events and costs, like additional medical bills. Respecting that elderly parents are still parents, in addition, makes for better communication.

"Do not to look at caregiving as a role reversal," Gastfriend says. "It's important to help your loved one maintain a sense of control, however minimal, so that their dignity and sense of self is not completely undermined by their condition."

LINDA CLARKE
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Horoscope

♈ Aries | March 21-April 20. The more people you are in contact with, the more encouragement you will receive. Be vigorous as you pursue your goals.

♉ Taurus | April 21-May 21. If you try to manage group efforts, quarrels and hurt feelings will result. Rather than start a debate, stick to your own projects.

♊ Gemini | May 22-June 20. Recharge your energy by arranging a trip or adventure with a friend or family member. Investigate some local attractions. You may discover romance.

♋ Cancer | June 21-July 22. You will have good luck persuading others to invest in your ideas. Your colleagues will support your effort. You will be satisfied with the feedback you receive.

♌ Leo | July 23-Aug. 22. Take a look at your current partnerships. You may be feeling disappointed, but if you are realistic, you will find answers.

♍ Virgo | Aug. 23-Sept. 22. You may be blamed for difficulties in the workplace. If you have been careless you will have to admit your shortcomings.

♎ Libra | Sept. 23-Oct. 22. Youngsters in your family circle will prove instrumental in a decision. Your popularity will soar once your plans are unveiled.

♏ Scorpio | Oct. 23-Nov. 21. Take a logical approach to a situation that requires a decision. Save yourself a lot of grief by not grasping at the first option available.

♐ Sagittarius | Nov. 22-Dec. 21. Change is in the air. A new career could materialize as the result of a business trip. Expanding your horizons will stimulate your creativity.

♑ Capricorn | Dec. 22-Jan 20. You may be overwhelmed. Consider your health before you get worked up over something that you can't control.

♒ Aquarius | Jan. 21-Feb 18. Being stubborn won't help solve your problems. Ease up and collaborate with all comers in order to get results.

♓ Pisces | Feb. 19-March 20. Don't give anyone the chance to take credit for your work. Keep your ideas under wraps until you can be sure you'll get recognition. BERNICE BEDE OSOL

Sudoku: Easy and hard

						2		5
6						4	9	8
	2	9		7				
		7		8	9			1
3			1		5			7
4			7	2		8		
				3		9	5	
1	5	6						2
9		4						

		4			7			2
2		9		4				7
	8					1		
4			3	7			2	
3	2						7	8
	7			5	4			1
		3					5	
8				2		9		3
1			9			7		

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

The 99 percent are struggling, not brainless

Re: 'McCutcheon decision equals corruption of free speech in America' (Metro, April 7) How little you must think of the "99 percent" that you believe they could be hoodwinked by the "1 percent" (both liberals and conservatives) and that the only option is to restrict our First Amendment rights. In America, we educate our children so they can see through lies, misdirections, and half-truths and recognize what is right. If we aspire to be an informed electorate capable of choosing leaders with integrity, we have to defy the notion that our fellow citizens are incapable of listening to varied opinions and making intelligent decisions on issues that affect us. I say let the people hear it all, from both the 99 percent and the 1 percent and let's get 100 percent of the story! I, for one, will never accept that the truth can only be known by choosing who is allowed to say it! Our founders wrote the Constitution and Bill of Rights! The First Amendment states: "Congress shall make no law ... abridging the freedom of speech, or of the press." They did not include an "at your convenience" clause! MICHAEL TANNER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

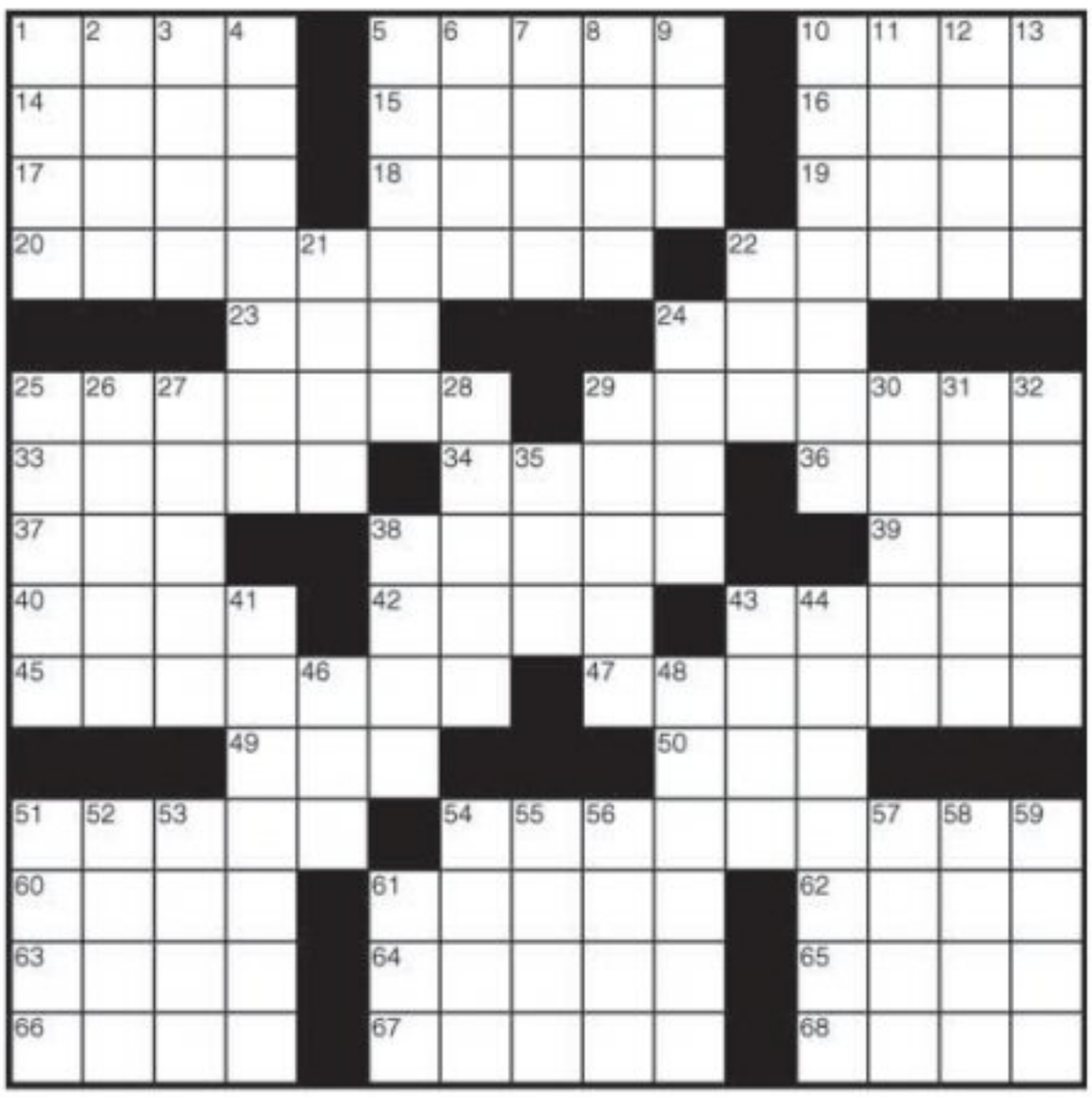
Across

1 Rummy or tag
5 Take a powder
10 Prefix for "second"
14 Baking-powder ingredient
15 Hunger for
16 Just scraped by
17 Ricky Ricardo
18 "It Came From — Space"
19 Flamingo, for one
20 Whiskery dog
22 Backs financially
23 Blow it
24 Chum
25 Exercise goal
29 Glacial deposit
33 Is a party to
34 "Right on!"
36 Haughty type
37 W-2 info
38 Importuned
39 Stocky horse
40 Dick Tracy's wife
42 Tirade
43 Nonchalant
45 Skulked about
47 Kind of glass
49 Velvety surface
50 Cleaning cloth
51 Gusting
54 Putin's grannies
60 "I had no —!"
61 Watering places
62 Tangy
63 Make muddy
64 First sign
65 Ontario neighbor
66 House wings
67 Small coin
68 Gallivant

Down

1 Flits about
2 Waugh or Baldwin
3 Cornmeal product
4 Renowned
5 Looks high and low
6 Vera —, Mexico
7 Have status
8 Swear to
9 Cousteau's domain
10 Interstellar clouds
11 Comparable
12 Geek
13 Bookie's figures
21 Warmonger of myth
22 Like the horizon
24 Ducks' haunt
25 Doesn't eat
26 "Ghosts" writer
27 Uptight
28 Soup alternative
29 Gets introduced
30 Of an Andes empire
31 Lasso
32 Dwindled
35 Opposite of max
38 Kind of school
41 Flip-flops
43 Meadow murmurs
44 More faded
46 Boastful knight
48 Dependable
51 Metal thread
52 Goddess's statue
53 Simon or Diamond
54 Pain in the neck
55 Org.
56 "How've ya —?"
57 Syrup brand
58 Diva's rendition
59 Wineglass part
61 Caveman from Moo

Yesterday's answer



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Rollins starts his 14th straight home opener

MLB. The season kicked off with a familiar face manning shortstop for the Phillies.

Jimmy Rollins leads the Phillies with eight RBI. / GETTY IMAGES

It's difficult to imagine a Phillies home opener without Jimmy Rollins. The Phillies shortstop started his 14th consecutive home opener Tuesday afternoon against the Milwaukee Brewers, the most by any NL shortstop for the same team since 1900.

"I guess that means I love it here," Rollins said. "But you know I love playing here. The years add up."

Rollins flashed his familiar ear-to-ear smile when asked about the pomp and circumstance, which is part and parcel of every opener.

"I love it because it's something for the fans," Rollins said prior to walking through Ashburn Alley en route to the field. "The fans love it when we stroll past them on our way to being introduced. It wouldn't be opening day without all of that."

Entering the home opener, Rollins has hit in eight straight games at Citizens Bank Park.

"I finished hitting well last year and I want to carry that over to this season," Rollins said. "It's all about this season."

Rollins, who missed two games last week due to the birth of his second daughter, entered the game hitting .211 with one huge hit, a grand slam, his 200th career home run on opening day in Arlington.

"Talk about an incredible week," Rollins said. "It doesn't get much bigger than having a child. I also had a big hit. I just want to get off to a good start and help us win."

Rollins doesn't have a particular favorite in terms of home openers.

"They're all fun," Rollins said. "They're all a good time but to tell you the truth, I really like it when we get past the opening days and just play ball. This is our third opening day in a week. I can't wait until tomorrow when it's just a regular game without all the fuss. But I like to win on opening days. I like to win every day."

ED CONDRAN
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sports@metro.us

Phillies falter

Braun bombs ruin Phillies home opener

The Phillies had no answer for Ryan Braun's power Tuesday afternoon, as the former NL MVP led the Brewers with three homers and seven RBI en route to a 10-4 Phillies loss in Philadelphia's home opener.

Kyle Kendrick allowed six runs (four earned) in his five frames to earn the loss, his first of the year.

The Phillies showed some life in the middle innings, with two Jimmy Rollins RBI helping to cut the deficit to 6-4 after six innings.

But Braun's third homer, a three-run shot, broke things open for the Brewers in the eighth.

Chase Utley failed to start or appear during introductions due to a flu bug. Cesar Hernandez got the nod at second.

Jamie Moyer and Steve Carlton, two Phillies southpaws teamed up to toss the ceremonial first pitch. Carlton walked out to the mound but deferred to Moyer, who threw high and outside to his former battery mate, Carlos Ruiz. METRO

3 SPORTS

Masters betting guide

Who are the favorites and best bets for making some dough at this weekend's big event?

MARK OSBORNE
mark.osborne@metro.us

The biggest event in golf, the Masters, gets underway April 10. And if you're anything like us, the tournament signals the unofficial start of a golf season which actually began a couple months ago.

So if you are looking to lay down a few shekels on the premier event in golf — recreational only, of course — you probably could use a bit of help. We try to give you a guide here.

First tip: Don't bet on Tiger Woods. (He's not playing after undergoing back surgery.)

Beyond that, we break down some favorites and some good money-making bets on guys with a chance to wear the green jacket on Sunday.

PHIL MICKELSON: 12/1
MICKELSON IS THIRD ON THIS LIST FOR ONLY ONE REASON: HIS POPULARITY. HE'S HAD A DREADFUL SEASON.
ALL PHOTOS GETTY IMAGES

The favorites ...

Adam Scott: 10/1
The defending champion is the co-favorite to take the tournament in 2014, as well. The Aussie has played decently on the PGA Tour this year (five tournaments, four Top-12 finishes), but he has yet to win.

Rory McIlroy: 10/1
The 24-year-old is the other co-favorite atop the odds. He has had a similar season to Scott — good but no wins yet. He has three Top-10 finishes, including last week at the Houston Open. McIlroy had a disappointing 2013 after winning four tournaments in 2012.

Money makers ...

Jordan Spieth: 33/1
The 20-year-old rising star is one of the top underdogs to win the tournament. In fact, he's gotten so much attention, his odds have risen all the way to 33/1. He's playing well — currently 13th in the World Golf rankings.

Luke Donald: 50/1
The Englishman has a game well-suited to Augusta. He has three Top-10 finishes in the last nine years and Top 10s at each of the majors in his career. He's just waiting to break through. Donald has a couple Top-10 finishes this season as well, including a fourth-place finish.

SAY HELLO TO THE FUTURE STUD OF THE PGA TOUR: JORDAN SPIETH. GET YOUR BETS IN BEFORE HE BLOWS UP.

Masters pairings

The tournament gets underway early Thursday. Here's a look at some notable pairings.

- **Group 11:** Graeme McDowell, Rickie Fowler, Jimmy Walker — 9:35 a.m.
- **Group 16:** Adam Scott, Jason Dufner, Matthew Fitzpatrick — 10:41 a.m.
- **Group 17:** Jordan Spieth, Patrick Reed, Rory McIlroy — 10:52 a.m.
- **Group 29:** Bubba Watson, Luke Donald, Sergio Garcia — 1:15 p.m.
- **Group 32:** Phil Mickelson, Ernie Els, Justin Rose — 1:48 p.m.

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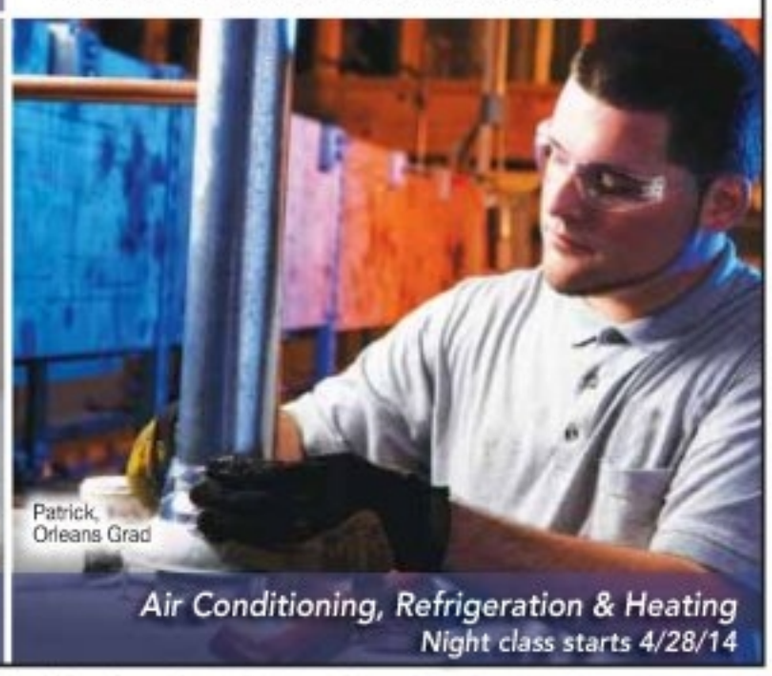

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A117 - TEMESGEN, RICO • A119 - Mcclendon, Stephanie • A147 - Walker, Andre • A148 - Kearney, Ronald
A150 - Lattie, Kishona • A177 - Henshaw, Jonathon • A179 - Crittenden, Peggy • B250 - Perez, Anais • B256 - Parker Aaliyah
B271 - Wimberley, Draymond • B392 - Cox, Marie • B433 - Merritt, James • B516 - Watson, Shellie
B554 - Mercherson, Helen • C590 - Lewis, Tyrelle • C635 - Wilson, Tina • C726 - BOBO, KIMARA • C902 - Arrington, Christopher

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PS Orangeco Inc. 701 Western Ave. Glendale California, 91201. PS ORANGECO, INC

NBA. Sixers start road trip in Toronto with confidence

The Sixers have just five games left in 2014. / GETTY IMAGES

Even when a team is out of contention, when it comes to professional sports, every game is a chance for athletes to perform and to get noticed.

Up until a week ago, the 76ers were being noticed for all the wrong reasons. They ended their record-setting losing streak at 26 games, just shy of setting a new mark (tying the 2010-11 Cavaliers).

The team could very reasonably be in the midst of a three-game winning streak after dominating the Pistons last weekend, and just barely losing to the Celtics and Nets by four points apiece in two hard fought contests.

"I think it just kind of clicked for us, offensively," Thaddeus Young said after Saturday's respectable 105-101 loss to Brooklyn. "And, then, defensively, we started getting into them a little bit, forcing a few turnovers and bad shots where we could get out on the break and get some easy transition buckets."

The Sixers fly north of the border to take on the Atlantic Division leading Raptors Wednesday at 7 p.m., winners of their last three and currently tied for the No. 3 seed in the Eastern Conference.

Toronto guard DeMar DeRozan is having his best statistical season ever, leading the Raptors with 22.8 points per game and setting a course for the squad to contend for a trip to the Eastern Conference finals alongside the Pacers and Heat.

The Sixers can play spoilers with a win Wednesday, as the Raptors are locked in a fight to keep the No. 3 seed, looking to fend off the Chicago Bulls who hold the same 45-32 record Toronto does.

EVAN MACY

Two weeks away

Hamels could debut sooner than expected

Cole Hamels is preparing to make it back to the majors a week earlier than initially reported, assuming things continue to go well he could appear as soon as April 22.

"I've been going up 15 pitches per game and I'm up to four innings so the next one will be five or six innings," Hamels told NBCSports. "It could be two more, I believe so. We'll talk about it and discuss it. But everything is going well between starts. There is nothing in the back of my mind and nothing lingering. I'm letting it go good." METRO

On the way out

Union parts ways with midfielder

In what was called a "contract termination" by the team, the Union cut ties with midfielder Keon Daniels Tuesday.

"We think this move is the best decision for both Keon's career and our club," Union manager John Hackworth said. "We wish him luck and thank him for his contributions to the Union."

In 64 games with Philadelphia spread over four seasons, the 27-year-old had two goals and four assists.

The Union are back in action at home against Real Salt Lake Saturday. METRO

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B113 - cerulli, natalie • B199 - Peck, Rhonda • C036 - Musumeci, Patricia
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NBA power rankings | by James Toscano

No. 1

Spurs (60-17)

With the Spurs just a couple of wins away from securing home-court advantage throughout the entire playoffs, point guard Tony Parker will

be forced to miss a few games with a sprained facet joint (back). His health is the biggest question mark for San Antonio heading into the Western Conference playoffs, which begin on April 19.

No. 2

Thunder (55-21)

The Thunder snapped the Spurs' crazy winning streak, but dropped the next two on the road to the Rockets and Suns.

No. 3

Clippers (55-23)

We'll find out a lot about which team deserves the No. 2 seed in the West when the Thunder invade L.A. on Wednesday.

No. 4

Heat (53-23)

The Heat had lost the three previous meetings against the Nets heading into Tuesday's showdown in Miami. A second round playoff preview?

No. 5

Rockets (51-25)

Dwight Howard has missed eight of the last 10 games. Telling you how crucial he is would insult your intelligence.

No. 6

Pacers (53-25)

They're 3-8 in their last 11 games, with the most recent a loss to the Hawks. If only they had a leader like a Danny Granger.

No. 7

Blazers (50-28)

The Blazers clinched a play-off berth, but based on the way their season started, they're looking to do much more than that in the next few weeks.

No. 8

Warriors (48-29)

Mark Jackson's assistants are getting the boot one-by-one. If the Warriors don't make a playoff run, he could be next.

No. 9

Suns (46-31)

After two losses to the Lakers and Clippers, Phoenix got back on track with wins over the Blazers and the Thunder.

No. 10

Bulls (45-32)

With the bad teams that remain on the Bulls and Raptors schedule, who-ever loses just once could end up as the No. 4 seed in the East.

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2006 Cadillac CTS — Leather, Navigation, OnStar
2006 Buick Lucerne — CD/MP3, Bluetooth, Leather
2006 GMC Envoy SLT — OnStar, CD, Dual Climate Control
2006 Chevy Trailblazer — CD, Dual Climate Control, All Power
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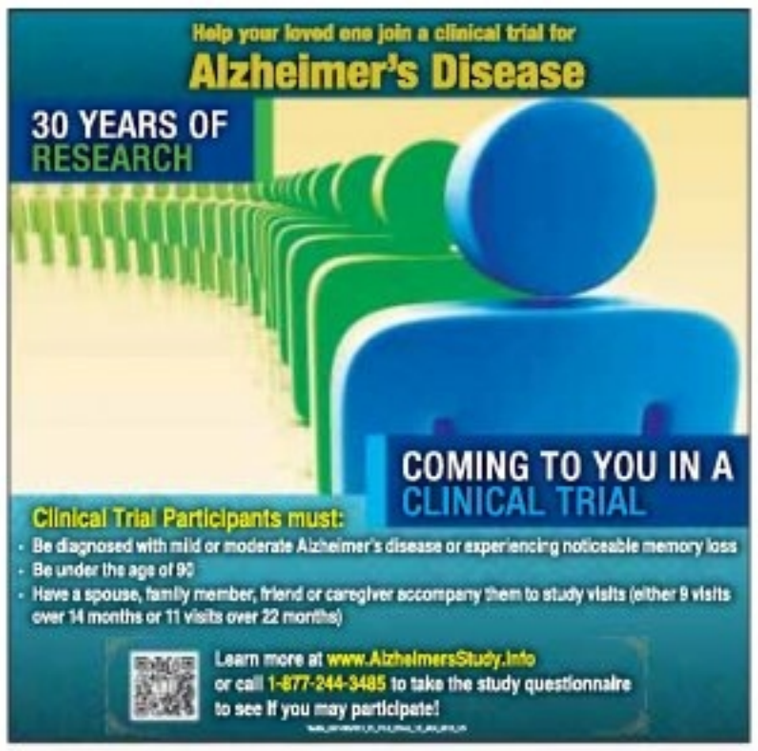
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